

HOPE & HEAL

URBAN RETREAT

Embark on a journey of healing, empowerment and connection through Womens Circle, Kundalini Yoga and Breathwork & Sound healing in our 1 day Urban retreat.



Activities Include

Women's Circle:

Connect and share in a safe and supportive space.

Nature Constellation:

Find strength and balance through nature-inspired activities.

Kundalini Yoga & Breathwork:

Restore your mind and body with gentle yoga and mindful breathing.

Vagal Toning Exercises:

Stimulate the vagus nerve, offer significant benefits in trauma recovery.

Sound Healing:

Relax and rejuvenate with the soothing vibrations of sound therapy.

Event Highlights:

- Empowerment Through Connection.
- Self-Care Practices for Renewal.
- Expert-led Healing Sessions.
- Safe and Inclusive Environment.

What to Bring:

- Comfortable clothing.
- Yoga mat with pillow/cushion.
- Journal and pen.
- Bring a plate to share for lunch water bottle, and an open heart.

Investment:

This retreat is offered at a subsidised cost of \$60 per person and is generously sponsored by Randwick City Council.

Registration Details:

Limited spaces available.
Reserve your spot by contacting Nadine via email hopeandhealretreat@gmail.com or call 0408 422 983.

**Join us for a day of healing
and self-care.**